**Possible title:** My Personal Development: Becoming my own “Lady”

**I. Introduction**

a. Interesting comparison stories from mother who told me to “act like a lady” and soccer coach that always yelled “you’re playing like a bunch of girls!”

b. I felt like I was getting several mixed messages about who I was becoming and who I should be

c. For me, a combination of parenting styles, gender roles, puberty and moral development have shaped who I am today;

d. Thesis: gender has had the most profound impact on who I am today.

**II. Parenting styles and puberty**

a. Explain parenting models.

b. Having democratic parents had a big influence on who I am today; examples of how my parents would give us options, help us negotiate sibling arguments, etc.

b. While this was helpful in childhood, it became difficult as I entered puberty and my mom didn’t want me to have as much freedom as I did when I was little.

c. Early puberty (include changes about my body here; explain how they are different from the normal puberty timeline using the hand out on puberty)🡪early attraction in boys, parents were nervous and wanted to assert more control

**III. Puberty and gender roles**

a. Now that my body was outside of my control and that parents were being more controlling, I was often confused about who I was and who I wanted to become; gender stereotypes also played into this

b. Explain gender stereotypes

c. Different messages I was receiving about being a woman: be sexy, be conservative, be smart, don’t be smart, etc.

d. In junior high and high school, I developed a lot of insecurities about my physical appearance and my intellectual abilities because I wasn’t sure how to fit these into the idea of being a woman; I was being told that being a woman meant so many different things.

**IV. Moral reasoning**

1. Explain Kohlberg’s moral reasoning theory.
2. During all of this confusion, my moral reasoning in my mind was at a level 5, but my actions were often at a level 2 or 3
3. Provide examples that support (a)

**V. Conclusion and hopes for the future**

a. Ultimately, I think gender roles has had the biggest impact on who I am today; explain how everything else was impacted by me figuring out what it meant to be a woman

b. Explain where I am in my gender identity today—for me, being a woman means being proud of who I am and not fitting into anyone’s predetermined notion of who I should be based on my gender. I embrace some stereotypes and fight others (provide examples)

c. My hope for the future? I can continue to be proud of who I am as a unique woman and help other young women become more confident.